



THE THRILL OF VICTORY

KNIGHTS BRASS SAVOUR GAME 4 WIN AGAINST THE KITCHENER RANGERS

PAGE 5

Antonio & Karen Biscardi • April 11 • Thunder Bay



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Monday, April 30, 2012



News worth sharing.

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WHIZ KIDS

Gary Beane, 40, Owen Watson, 3, and Emma Watson, 38, all of Toronto, cheer Sunday as they near the finish line of the one-kilometre Kids Run For Kids during the Forest City Road Races. The Sunday races drew thousands of people to Victoria Park to raise money for the Thames Valley Children's Centre, which helps youth with disabilities. See story, page 4. ANGELA MULLINS/METRO

Tax hike next year?

Economic forecast.

City treasurer urges increase of 3.8 per cent

Get involved

- The treasurer's report will be discussed at 4 p.m. on Monday by city council's strategic priorities and policy committee. The meeting is in council chambers.



ANGELA MULLINS
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The city's chief financial officer is recommending 2013 departmental budget targets that would result in a 3.8 per cent tax hike for property owners.

Treasurer Martin Hayward's report also advises funneling \$4.1 million to reserve funds and programs that were tapped to avoid a tax increase this year. A \$3.1-million increase would go toward the police budget — \$1.2 million shy of what the force's new financial forecast says is needed.

Several other groups would also see smaller increases than requested. Hayward's report, which also suggests an eight per cent water-rate increase, a seven per cent increase to the wastewater rate and a special levy to pay for economic development initiatives, will be presented to a city council committee on Monday.

Overall, the report paints a gloomy picture of city finances, especially if politicians continue down the path of no

tax hikes. That path — a campaign promise made by Mayor Joe Fontana and others — will leave the city with a shortfall of \$324 million by 2017.

"Without identifying a sustainable non-property tax revenue source to fund this gap, adjustments to existing program services will no doubt have to be undertaken with some services being completely phased out," Hayward writes.

The report outlines a list of service-level changes that could be needed, including slashing library hours and scaling back road maintenance.

Hayward recommends an average tax hike of 3.2 per cent in each of the next five years.

Even with those, the city will have a shortfall of \$78 million over the period, with about \$8 million of that coming in 2013, the report says.

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1

NEWS

On the web

Channeling hope for a dolphin

A wayward dolphin that has spent three days in a narrow wetlands channel along the southern California coast was on its way out to the ocean Saturday when it suddenly turned tail and swam back to shallow waters. Watch at metronews.ca

Fifty Shades of steaminess with Ellen

While hundreds of readers flocked to book-signings and sold-out talks by Fifty Shades of Grey author E L James over the weekend, some are finding the novels hard to digest. Watch Ellen DeGeneres read the steamy novel at metronews.ca.

Mobile news



Glimmers of hope are appearing in Haiti's devastated capital as hotels rise over a city still filled with displaced-persons camps housing hundreds of thousands. At least seven hotels are under construction or are in the planning stage in Port-au-Prince and its surrounding areas, which could soon be filled with investors and tourists. Scan the code for the story.

Police looking for townhouse shooter

Investigation.
Public being called on for leads



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Police are looking for the triggerman in an early Saturday shooting that left a south London townhouse riddled with bullets.

The home near Southdale Road E. and Millbank Drive was hit several times by the 4 a.m. gunfire. No injuries were reported.

Matthew Melo, 19, of London was arrested several hours later and is facing multiple charges after police found an assault rifle during a search of his home.

"(Melo) was involved somehow ... We don't think he pulled the trigger," Const. D'Arcy Bruce of the London

The charges

Matthew Melo, 19, of London

- Obstruction of justice

- Two counts of storing a firearm carelessly

- Two counts of unlicensed

person possessing a prohibited/restricted weapon

- Two counts of possessing a prohibited/restricted weapon knowing no authority

Police Service said Sunday afternoon. "We believe he

may know who did, but he's not (been) forthcoming with

that (information)."

The rifle found at Melo's home is not believed to be the firearm used in the shooting, Bruce said.

Additional information has not been released because of the ongoing investigation.

Anyone with information is asked to call 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477).

Information can also be provided to londoncrimestoppers.com.

Majors split pair against Cardinals

The London Majors' Jason Schneider serves up a pitch Sunday during the team's exhibition doubleheader against the Hamilton Cardinals at Labatt Park. The Majors won the first game, 3-2, but lost the second 12-0. The team's next Intercounty Baseball League exhibition game is 1 p.m. Saturday at Labatt Park, with the regular-season home opener set for 1 p.m. May 13 against the Burlington Twins.

ANGELA MULLINS/METRO



Pole-vault. Program gets financial boost

The London-Western Track & Field Club announced that a \$39,500 grant from the Ontario Trillium Foundation (OTF) will enable it to add up to 42 new high-tech poles and accessories for its pole-vault program.

"With this grant, the London-Western Track and Field Club will continue to help foster the talent of our young athletes," London West MPP Chris Bentley said in a release.

"London-Western is excited and extremely thankful to

OTF for supporting and realizing our club's vision to become one of the leading pole-vault developmental programs in Ontario," said John Stevenson, president of the London-Western Track and Field Club.

The grant also includes support for London-Western's coaches certification upgrading and the club's plan to certify new, younger Athletics Ontario Officials who can officiate at local and provincial meets.



Chris Bentley METRO FILE

METRO

Fleming Drive riot. Number charged in March 17 incident now tops 40

London police have charged an additional four people with offences related to last month's Fleming Drive riot.

So far, 42 people — including 19 Fanshawe College students — have been charged in relation to the March 17 incident.

In the latest charges, Tyler Garlick, 21, of London faces one count each of taking part in a riot; being a member of an unlawful assembly; mischief under \$5,000; attempt mischief; and assaulting a police officer with a weapon.

John Fitzgerald, 19, of Font-hill, Ont., is charged with being a member of an unlawful

assembly and mischief under \$5,000.

Jarett Hodgins, 19, of London faces one count each of being a member of an unlawful assembly; mischief under \$5,000; and engaging in an act likely to cause mischief.

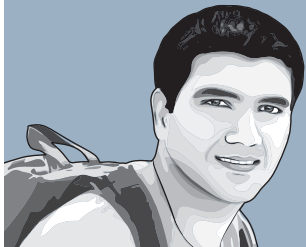
Marco Brusco, 18, of Oshawa is charged with three counts of mischief under \$5,000, two counts of engaging in an act likely to cause mischief; and one count each of taking part in a riot and mischief over \$5,000.

Also, Robert McCarron, 19, of London — who already has other charges pending — was charged with one count of taking part in a riot. **METRO**

View 'Wanted' photos

- Photographs of unidentified people at the riot are available to the public. Go to the London Police Service website at www.police.london.ca under Fleming Drive Disturbance Most Wanted to view these photographs.

- Members of the public with information and/or attachments are encouraged to contact police at tips@police.london.ca or 519-660-5842.



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Missing. London woman's family makes another appeal for help

Friends and family of Vanessa Fotheringham once again gathered to share ideas about the case and try to find the missing woman.

The 24-year-old is the mother of a young girl and hasn't been seen or heard from since Feb. 16. Each day her loved ones become more and more concerned for her safety.

At 2 p.m. Sunday, her friends and family gathered at JJ Keys Lounge at the Hilton Hotel on King Street in downtown London.

The group was encouraging Londoners to come and brainstorm ideas as to where Fotheringham may be. They are also hoping to gather new information about the case.

Julie Atchison, a friend of Fotheringham's, says it has been a difficult time.

"I'm doing what I think I can do to help bring her out," Atchison said. "For me and a few of the other friends of Vanessa's that I've started to



Vanessa Fotheringham CONTRIBUTED

get into contact with over the last couple of months, it's been really hard for all of us."

London police have issued several public appeals for information about Fotheringham's whereabouts. Officers have also conducted helicopter searches of London's east end and the outskirts of town in that general area.

Anyone with information about the case is urged to contact London police or Crime Stoppers. AM980/AM980.CA

Attempted bank robbery. Cops release description of three suspects

London police are continuing to investigate an attempted robbery at the Bank of Montreal at 1285 Fanshawe Park Rd. W. on Thursday morning.

Three men entered the bank at 9:46 a.m. and demanded money. No weapon was seen and no money was taken. The suspects fled in a grey or beige Chrysler Cirrus. There were no injuries.

Police sent a media release saying witnesses in the bank and video "determined that no physical altercation occurred between the suspects and anyone inside the bank."

Kyriakos Kostakos, 85, told several media outlets he was in the bank and had a physical confrontation with the suspects.

Police describe the first suspect as six feet tall, with a slim build. He was wearing

How to help

- Anyone with information about this incident is asked to call the London Police Service at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477).

black pants and a light grey hoodie. His face was covered and he was wearing a black backpack.

The second suspect is also six-foot, about 175 pounds. He was wearing blue jeans, a black hoodie, and black shoes. His face was covered as well.

The third suspect was wearing a dark coloured hooded jacket, hat, and blue jeans. METRO

Hot Salsa Nights

Sexual assault centre holding gala fundraiser

Sexual Assault Centre London will present its second annual fundraising gala. Hot Salsa Nights takes place Friday, May 25, at the Best Western Lamplighter Inn.

For more information, visit sacL.ca or follow us on Facebook and Twitter at @SACLONDON. METRO

Dundas Street

Two suspects sought after home invasion

Police in Woodstock are searching for two men following an early morning home invasion Saturday at an apartment near Dundas and Brock streets. The suspects forced their way into an upper apartment. They were armed with baseball bats and demanded cash and drugs. AM980/AM980.CA



Armed with a handful of medals, Ronald McDonald gives Noah Delaney, 10, of Dorchester, left, and Melissa Caron, 44, of Dorchester, right, a motivational cheer as they near the finish line of a 1K Kids Run For Kids during the Forest City Road Races. ANGELA MULLINS/METRO

Racing through the Forest City

Picking up the pace. Road-race registrations up from past years, director says



ANGELA MULLINS
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For Londoner Patricia (Pa) Lemon, there's a lot to love about the Forest City Road Races.

One, it's where she ran her first competitive race: A 5K in 2007. Two, she posted a per-

sonal best half-marathon time of 1:59:16 there on Sunday. Three, it's in her backyard.

"It promotes and supports children in our community," Lemon, 40, said about the races' beneficiary, the Thames Valley Children's Centre. "And, (it's about) being active in your own community."

Bringing in \$1,845, Lemon's pledge sheet was the largest in this year's event, exceeding her goal of \$1,400.

"I always bump (the goal) up by \$100 each year," she said. "I start sending e-mails (looking for support) in January."

While the final numbers hadn't been crunched Sunday afternoon, race director Steve Ryall said the 30th annual event might have been one for the record books.

From registration to donations to online support, "everything was up" when compared to previous years, he said.

About 2,500 people flooded onto city streets to compete in a series of races ranging from a 1K fun-run to the 21K half-marathon.

The biggest success, Ryall said, is that each of the racers learned a little bit more about

Overall best times

- 5K: Kyle Golovchenko, 18:03
- 10K: Clinton Smith, 33:18
- Half-marathon: Josh Lumani, 1:14:44

the children's centre, which helps youth with disabilities across southwest Ontario.

"It's about getting the awareness ... out there," Ryall said.

Building damaged after Woodstock blaze

Woodstock police and fire crews are investigating after a blaze at an apartment building Sunday morning.

Officers say they were called around 1:30 a.m. to reports of a fire at a Harford Street complex.

When they arrived on scene, police said smoke and flames could be seen coming from the third level of the building. Residents could be heard yelling for help. Fire crews were able to evacuate the building safely.

The fire was quickly extin-

guished, but there was extensive fire and water damage. It was contained to one apartment on the building's third level. There's no estimate on how much damage the blaze caused.

No one was injured, but a

few of the building's residents and some Woodstock police officers were treated for smoke inhalation.

Police say the property is still blocked off and the cause of the blaze is unknown.

AM980/AM980.CA

Knights. Victory a 'pinch me' moment for Donskov



JOHN MATISZ
john.matisz@metronews.ca

If you scan the photo posted by the London Knights' official Twitter account moments after the club won the Western Conference final, you'll eventually land on a hunched over, elated Misha Donskov.

The right-hand man to Mark Hunter is grinning from ear to ear, trying to contain the excitement of advancing to the OHL championship.

As a member of the Knights' front office for the past three seasons — first as an assistant coach and now as an assistant general manager and coach — Donskov, 35, is as much entrenched in the Hunter enterprise as anyone else.

However, he had not tasted success until Wednesday. "It doesn't really hit you until after the final buzzer," he said Friday, with time to digest London's Game 4 victory over the Kitchener Rangers. "You walk on the ice and see the smiles on the guys' faces, the exuberance, and there's nothing like it."

The Knights, like most major junior hockey franchises, are fully aware it takes a tremendous amount of dedication

from its players to bring home a championship. The same is expected from its front-line employees.

When head coach Dale Hunter was hired by the NHL's Washington Capitals in late November, the Western University graduate's workload thickened. Instead of there being a Hunter on each of his sides, just one remained.

"You get so busy during the day that you rarely have time to sit down and enjoy it," the Columbus, Ohio, native said.

Donskov, a former member of the Atlanta Thrashers and Columbus Blue Jackets hockey and business operations departments, wouldn't have it any other way, though.

On the way home from the Kitchener Memorial Auditorium, he experienced another "pinch me" moment. "When (Washington Capitals assistant coach) Jim Johnson gave Dale a hug on the bench, the entire bus erupted," he remembered. "You could hear a pin drop up until Joel Ward scored."



Misha Donskov
LONDONKNIGHTS.COM



Lucky 7th & 15th pick for new London Knights

The London Knights' seventh-round draft pick Cameron Garrow, left, and 15th-round pick Tristen Elie compete during a mini-camp scrimmage Sunday at the John Labatt Centre. Garrow, 16, was drafted 140th overall from the AAA Minor Hockey Association's Elgin-Middlesex Chiefs. Elie, 15, was drafted 300th overall from the association's Eastern Ontario Wild. The Knights held training and orientation sessions Saturday and Sunday for their prospects. ANGELA MULLINS/METRO

OHL finals

Knights go head-to-head with IceDogs

The London Knights will meet the Niagara IceDogs in the OHL final. Niagara advanced with a 3-2 win over the Ottawa 67's on Friday, clinching the best-of-seven Eastern Conference final 4-1. London swept the Kitchener Rangers 4-0 in the Western Conference final. The Knights went 1-1 versus the IceDogs in the regular season. The finals schedule is: Thursday, Niagara at London, 7 p.m.; Saturday, London at Niagara, 7 p.m.; Monday, May 7, Niagara at London, 7 p.m.; Wednesday, May 9, London at Niagara, 7 p.m.; Friday, May 11. **METRO**

Draft pick

Forward Elie joins London Knights

The London Knights have signed forward Remi Elie. Elie, 17, was a fifth-round pick (91st overall) by London last year. The six-foot, 185-pounder has been with the Hawkesbury Hawks in the Central Canada Hockey League, scoring 21 goals and 46 points in 59 regular-season games. **METRO**



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On trial. Lack of First Nations people on juries

The makeup of juries in Ontario goes on trial this week as two convicted killers fight their guilty verdicts in a case that goes to the heart of the justice system.

At issue before the province's top court is whether the aboriginal men were treated shabbily because on-reserve First Nations people were excluded from the juries that convicted them.

"Our society has proven to be very efficient at charging First Nations and jailing First Nations," said defence lawyer Julian Falconer.

"We don't seem so good at constructively involving First Nations in the justice system, such as their participation in the jury system."

Last summer, the Ontario Court of Appeal upheld a manslaughter conviction against Clifford Kokopenace as reasonable.

However, in an unusual twist, the court put the ruling on hold in light of the constitutional challenge sparked by the jury representation issue.

A non-aboriginal jury in Kenora, convicted Kokopenace in 2008 of stabbing a friend to death on the Grassy Narrows reserve.

Under-representation

- The years-long under-representation of aboriginals first came to light at coroner's inquests in northern Ontario in the 2007 deaths of Jacy Pierre, who died in police custody, and teenager Reggie Bushie, who drowned.
- The issue paralyzed all jury proceedings in the region, as judges put other murder and fraud cases on hold.
- For its part, the Ontario government argues an accused has no "absolute right" to a representative jury.

Also involved in the Appeal Court hearing is Clare Spiers, an aboriginal with a long record of violent crime. He was convicted of first-degree murder in 2007 in Barrie, for kidnapping a woman and slitting her throat.

No on-reserve residents were among the 286 people offered up for his jury.

THE CANADIAN PRESS



Bin Laden walls come down

This two-picture combo shows from top to bottom: Pakistani men walk through a path in a field on May 5, 2011, next to the house where al-Qaida leader Osama bin Laden was caught and killed in Abbottabad, Pakistan. A Pakistani woman and a girl walk through the same path on Sunday, next to the now-demolished house where bin Laden was caught and killed. A year after the U.S. raid that killed bin Laden, al-Qaida is hobbled and hunted, too busy surviving for the moment to carry out another Sept. 11-style attack on U.S. soil.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Sectarian violence

Church-goers killed in Nigerian attack

Gunmen attacked church services Sunday in northern Nigeria, using small explosives to draw out and gun down panicking worshippers in an assault that killed at least 16 people, officials said. THE ASSOCIATED PRESS

Challenging authority

Activist's escape has China seeing red

The surprising escape of a blind legal activist from house arrest to the presumed custody of U.S. diplomats is buoying China's embattled dissident community even as the government lashes out.

THE ASSOCIATED PRESS

Summer Olympics

Missiles could cap London apt. block

Surface-to-air missiles could be stationed on rooftops in east London as part of Britain's air defences for the Olympics, the country's military confirmed Sunday.

THE ASSOCIATED PRESS

Wildlife mystery

Wolves reappear in Atlantic region

The sightings of two suspected wolves in Atlantic Canada in recent weeks has left experts wondering why the animals may be in a region where they have not been seen for decades. THE CANADIAN PRESS

American justice

Clemency for Canadian?

The lone Canadian on death row in the United States is expected to make a plea for his life at his clemency hearing in Montana this week. Ronald Smith, 54, has been on death row since 1982.

THE CANADIAN PRESS

Political accountability

Mulcair fighting for transparency

NDP Leader Tom Mulcair says he's working to lift the shroud of secrecy he believes has spread over Parliament Hill under the Harper government.

THE CANADIAN PRESS

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Facebook co-founder back in the startup game



Dustin Moskovitz, co-founder of the collaborative software company Asana, outside his office in San Francisco. ERIC RISBER/THE ASSOCIATED PRESS

Tech trends. Having seen his code change the world once before, Dustin Moskovitz aims high again with new software company

Facebook co-founder and former Mark Zuckerberg roommate Dustin Moskovitz is by many accounts the world's youngest self-made billionaire. But the 27-year-old isn't sipping champagne in the Caribbean.

Instead he's thrown himself back into San Francisco's start-up mix, even as Facebook's looming IPO seems likely to send his wealth spiralling even higher.

Work ethic

"If we were just retired, we wouldn't be serving anyone."

Dustin Moskovitz, Facebook co-founder and head of Asana, a new project-management start-up

Moskovitz and his friend Justin Rosenstein, a former Facebooker himself worth \$150 million, head a company called Asana, which just launched the first paid version of its online project management service.

During a recent interview at their inconspicuous Mission District offices, the pair said they come to work every day because, their fortunes already made, they still have to do something with their lives.

"When we think of work, we think of work as an act of service, as an act of love for humanity," said Rosenstein, 28.

In keeping with the recent start-up trend of shunning hierarchies, the pair do not have separate offices but sit among the other employees at Asana, which number 24 in all.

Several marquee tech companies have embraced Asana, the company reports, such as Twitter, LinkedIn and Four-square. Individual backers betting on Asana include venture-capital celebrities like Peter Thiel and Mark Andreessen, as well as several of Facebook's earliest employees.

THE ASSOCIATED PRESS

Enforcement. Telemarketers to pay costs of investigating violations

Telemarketers will soon be asked to pony up for the costs of investigating their own industry.

The Conservatives are announcing that they will transfer the costs of probes and enforcement of the Do Not Call List to the industry itself.

The industry already pays for administering the Do Not Call List, which includes about 10.6 million registered phone and fax numbers.

"The government's taking steps to make sure it's sustainable in the long term and will not be funded by the taxpayers, but is instead funded by the telemarketers," said Mike Lake, parliamentary secretary to the Industry minister.

The Canadian Radio-television and Telecommunications Commission will consult with the telemarketing companies this fall on how fees will be levied.

It has imposed more than \$2.1 million in fines over three years to firms that violated the rules.

A recent Acrobat Research and Advanis survey on the Do Not Call List suggested 78 per cent of Canadians on the list felt they were getting fewer telemarketing calls.

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Q. How important is sleep to staying physically fit?

A. We all know how important nutrition is to recovery after our workouts, but we don't seem to put as much importance on sleep for recovery. We spend all this time and money on making sure we are getting enough protein for our muscle growth, but maybe neglecting the fact that sleep plays a role in protein synthesis. Protein synthesis is a complicated process in which food is turned into muscles. So if you put your time and effort into building a strong body, sleep should be on your daily check list. Those days at the gym when you were lacking some serious sleep maybe you weren't working at your full potential, maybe you could have added some extra plates to your sets or ran another kg. You could be working against yourself and your immune system. And what about naps? I say go for it if it doesn't effect your nighttime sleep. If it does, try setting your alarm for 15-20 mins for a power nap. Just enough time to feel more alert and improve your thinking skills. Besides who doesn't like to sleep?

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ONE GIRL'S BRACELETS MAKE A BIG DIFFERENCE



**URBAN
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Todd Devlin
london@metronews.ca

Like many participants at the upcoming 18th annual Walk for Memories, Alysha Wisniewski will be walking in honour of someone close to her. In fact, ever since she found out that her great aunt was

suffering from Alzheimer's disease, the nine-year-old has been actively involved in supporting the Alzheimer Society of London and Middlesex.

Sad and lost by the experience of seeing her great aunt struggle with her health, Wisniewski decided she wanted to help the organization in any way she could. Last year, she came up with the idea to sell beaded bracelets, with all the proceeds going to the Alzheimer Society. The simple idea has been a big success.



Quoted

"I think it's important... because if you want to be treated kindly and with respect, you should be the first one to treat others with kindness and respect."

Alysha Wisniewski

"I wanted to make a difference," said the White Oaks Public School student. "I felt awful losing my aunt like this. I don't want anyone else to experience the loss that I am going through."

Wisniewski started by simply selling the 25-cent bracelets at school. In just one month, she made more than 800 sales and raised more than \$200.

"Her teachers were amazed at her effort," said Wisniewski's mother, Julie. "Students were asking for more, and we could not keep up with demand. Alysha and I made more each night and we even had help from dad (Greg), both sets of grandparents and her aunt."

With the extra help, Wisniewski expanded the project and began attending Alzheimer's events with her bracelets. To date, Beads for Memories has raised more than \$1,500 for the Alzheimer Society. The whole project has made her parents very proud.

"This was not our idea, it was all Alysha," Julie said. "I am very happy to be a part of it, and we will continue to support her for as long as she wants."

That support has included taking Alysha to a number of Alzheimer Society events, including the annual appreciation dinner this month, where she was asked to say a few words about Beads for Memories.

Julie and Alysha will also be on hand at this year's Walk for Memories, which will be held on Saturday, May 12, at 9 a.m. at Springbank Gardens. Julie will tend to a bracelet display, while Alysha will participate in the walk.

The Alzheimer Society says this year's walk has a special purpose in light of recent news that Canadians are often dismissing symptoms of dementia as just old age and waiting a year or more before seeing a health-care professional. This is resulting in a delay in accessing helpful medications, treatment and support.

Unlike her great aunt, Wisniewski doesn't personally know most of the 8,000 individuals in London and Middlesex that have been diagnosed with Alzheimer's. Nevertheless, her outlook on helping others is impressively altruistic.

"I think it's important," she said, "because if you want to be treated kindly and with respect, you should be the first one to treat others with kindness and respect."

Visit walkformemories.ca or alzheimerslondon.ca for more information.

First year of marriage a '10 out of 10'



MARTIN MEISSNER/THE ASSOCIATED PRESS FILE

Royal

Britain's sweethearts still adored worldwide

It's been a year since they declared their love for each other in the most anticipated wedding of the decade, but 12 months haven't been enough to quell the public passion for the newest royal couple.

Prince William and Kate spent their first year as newlyweds under the sort of global spotlight usually reserved for Hollywood a-listers.

The couple retreated from the spotlight after their nup-

tials, only to re-emerge with greater star power than ever on their first visit abroad. The newlyweds' nine-day, whirlwind tour of Canada, observers say, showed the couple off at their best.

Their more informal attitudes set the tone for the trip as they freely mingled with rapturous crowds, participated in Canadian sports such as street hockey and faced off against one another in a dragon boat race. Kate's now legendary fashion sense was also on full display as she modeled outfits from home-grown designers and even donned the national colours in honour of Canada Day.

THE CANADIAN PRESS

Anniversary

"They've covered all the bases. They've had an international trip, they've had local visits, work with charitable causes. They've engaged in their work roles admirably. I think you could really give them a 10 out of 10 when it comes to their performance over the first year."

Rafal Heydel-Mankoo
Royal commentator

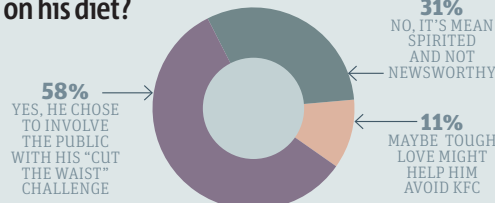
Observers say:

- Much of Kate's behaviour is the result of lessons learned in the aftermath of previous broken royal marriages.
- William's mother, Diana, and former aunt, Sarah Ferguson, both complained about feeling isolated and overwhelmed in their first years of marriage to royalty. Kate has received extensive coaching on maintaining a balance between public and private responsibilities.



Register at metropolitanpanel.ca
and take the quick poll

Do you think Toronto Mayor Rob Ford should face public scrutiny when he cheats on his diet?



Twitter

@BexFry: Last night in #ldnont. Thanks for 4 years Forest City. For good, For bad. Forever. Its not goodbye, but see you soon #uwo #fanshawe #FTW

@orangeheromama: Sooo thankful that my kids played this morning while I was on the couch resting..I *think* the headache is going..28 hours later..

@MonMc: Hey, #ldnont where's a good place to go for dessert?!

@bnes211: Yes, I'm still alive! Looks like a beautiful day here in #ldnont

@Amma210: I am so proud and impressed! Congratulations @Jason Fredin. Finished his first 5K in just under 30 minutes, a personal best. #ldnont #fcr



Daniel Craig stars in Skyfall. HANDOUT

Get ready for more Bond

007 is back. Metro talks to the film's producer and star in the first of a three-part series on the upcoming Bond flick

KIERON MONKS

Metro World News in Buckinghamshire

"Not bad for a physical wreck, James," the villain taunts, as Her Majesty's finest spy rains Walther PPK bullets at him. "You should see my latest toy," he laughs, and an explosion tears through the subway station.

Welcome to Skyfall, Bond 23. At Pinewood Studios in leafy Buckinghamshire, shooting is nearly complete on the latest edition of cinema's longest-running franchise, 50 years after Dr. No introduced us to Mr. Kiss Kiss Bang Bang.

There is a sense of relief on set as, four years after Quantum of Solace, a troubled production nears a happy ending. Studio MGM's bankruptcy delayed filming for a year, an anxious wait for the cast and crew.

"It was driving us crazy," says producer Barbara Broccoli. "It would have been very disappointing not to have a film in our anniversary year. We just kept being

focused and kept working."

Eventually the financial problems were resolved by a partnership with Sony, and now that the light of Skyfall's November release is in sight, James Bond himself — Daniel Craig — is feeling confident. "This sets a new benchmark," the 44-year-old said. "The talent that we managed to pool in this movie is just phenomenal."

The delay allowed time for an A-list cast to be recruited on both sides of the camera. American Beauty Oscar-winner Sam Mendes directs, with Javier Bardem and Ralph Fiennes among the new stars.

Despite the injection of heavyweight talent, Craig says fans of the all-action series need not worry the movie

will be too serious. "Sam's a boy. He likes to blow shit up." Pyrotechnic sequences to watch out for include a subway train destroying an underground set and a gunfight in a hall of mirrors.

Plot details have been highly classified, but Sony has revealed that MI6 comes under attack, and that Judi Dench's M is somehow responsible.

Bardem plays the criminal mastermind Raoul Silva who leads the assault on Bond and the secret service. Advance shots reveal the targets include Bond's home — Skyfall lodge, seen for the first time in the series' history.

Typically exotic locations include Istanbul and Shang-

Leading ladies

Pick up tomorrow's Metro to find out what happened to some of our favourite Bond Girls from the past and we'll introduce you to 007's newest lady. Go online to metronews.ca/features for our complete look at 50 years of James Bond movies.

hai, and 007 will have his hands full keeping three stunning Bond girls happy. British singer Adele is likely to perform the theme song. "It would be great if she would do it," Broccoli said.



Cybill Shepherd stars in The Client List. CHRIS PIZZELLO/THE ASSOCIATED PRESS

Cybill Shepherd. Actress finally gets her happy ending with The Client List

Cybill Shepherd's role on The Client List is all about happy endings.

After a career as a teen model in the late '60s, she made her transition to film as the muse to boyfriend-director Peter Bogdanovich in his critically beloved The Last Picture Show, and then scored commercial and critical success

again in director Elaine May's The Heartbreak Kid and Martin Scorsese's Taxi Driver.

Shepherd starred in two successful TV series, the '80s detective comedy Moonlighting and '90s sitcom Cybill.

Since then, the 62-year-old Shepherd has focused on family and work. Despite eternal leading-lady looks, she

took on a blast of colourful supporting character-actor roles.

She's a regular in Lifetime's The Client List, which last weekend saw its audience grow to 2.9 million viewers, making it the network's second-highest-rated Sunday series, right behind its perennial hit Army Wives.

THE ASSOCIATED PRESS

2

SCENE

Scene in brief

Avengers living up to the buzz

The superhero saga The Avengers is living up to its blockbuster buzz with \$178.4 million in overseas ticket sales days before it opens in U.S. theatres.

Domestic audiences seem to be in anticipation mode for the movie, which debuts Friday in the United States after launching in 39 other countries a week earlier. Fans generally passed on a bunch of new flicks, leaving the ensemble comedy Think Like a Man at No. 1 domestically for the second-straight weekend with \$18 million.

Four movies were bunched up for the No. 2 spot in the \$11 million range: animated comedy The Pirates! Band of Misfits, romantic drama The Lucky One, blockbuster The Hunger Games, and romantic comedy The Five-Year Engagement.

THE ASSOCIATED PRESS

On the web



Glee star Chris Colfer writes his ticket in Hollywood with films, books and a Disney pilot

M. Ward records first solo album in three years



M. Ward poses for a photo during the SXSW Music Festival in Austin on March 13. JACK PLUNKETT/THE ASSOCIATED PRESS

A Wasteland Companion. Musician takes a different approach on his latest album, mixing live and studio recordings

For much of his career, M. Ward has recorded his solo albums pretty much the same way. So when it came time to make *A Wasteland Companion*, his first solo album in three years, he wanted to do something very different.

The recording sessions took the 38-year-old on a musical journey of sorts. He recorded in eight studios in places like Austin, Omaha, New York City and Bristol, England, and each new place brought him in contact with a new list of players, including long-time influences like former Sonic Youth drummer Steve Shelley and British producer John Parish.

"Everyone has their own ways of making what they do for a living exciting, ways of keeping it alive," Ward said. And for me, it's collaborations with really talented people."

Musical partnerships are nothing new for Ward. He

and actress Zooey Deschanel have put out three albums as the duo *She & Him* and he's also a member of the *Monsters of Folk* project with Jim James and Conor Oberst.

Did your busy schedule require you to record on the road?

Ward: Over the last 10 years I've (been invited) to these incredible studios all over Europe and America and I never have time to actually do it. So this was the record where I actually made the time to make that happen and just removed my security blanket of recording in the same room all the time.

I loved the process and I hope to make more records like this. I wanted to make a new kind of record that combines live record with studio record out of an experiment ... So it's a new kind of record, really. I plan to make a lot more records like this, when I do make more records.

Is there any question you'd make more?

Ward: I would assume there would be more, but whenever you make a record you just never know. The world's going to end, right? Who knows?

Do you find it hard to make time for your own projects. Are you jealously guarding your solo time?

Ward: No, because I've been writing songs since I was 15, so half my life really. With *She & Him*, that's a really big part of my time and my life. But Zooey writes the songs for that and we work on cover songs together and I'm just the producer and guitar player. So for my own songs, they all come under the umbrella of this record. *Monsters of Folk*, we get together once every few years, so my records and *She & Him* records are the most constant sources of record production.

Was there anyone particularly inspiring?

Ward: Steve Shelley springs to mind. I've loved *Sonic Youth* since I was in high school so it was a dream come true to play songs with him in the studio. He's just an incredible drummer. He has a signature maraca and full drum kit sound that he can do that I've never seen anybody do. And then in England, I worked with a guy named John Parrish, who worked with PJ Harvey — incredible drummer, incredible marimba player.

THE ASSOCIATED PRESS

Don't stop believin': Doc traces singer's journey to stardom

It's been four-and-a-half years since *Journey* hit YouTube in search of a new lead singer. The band stumbled upon Filipino singer Arnel Pineda and after flying him to the U.S. to hear him audition, knew they had struck gold.

In the new documentary *Don't Stop Believin': Everyman's Journey*, viewers get

a look at Pineda's life before and since achieving stardom.

What did you think when you first saw the movie?

Pineda: I can't stand looking at myself in a movie or hearing myself singing. For me, it's too weird. I'm my worst critic. But then, a big part of me is saying, 'Look at the brighter

side — this movie is going to inspire and give hope to a lot of people.' It kind of gave me the comfort zone, like, OK, the movie's not bad at all.

When you got the e-mail from guitarist Neal Schon inviting you to audition, you almost didn't take him up on his offer.

Pineda: I (didn't) believe that Neal — he's a guitar god, he's from one of the biggest bands in the world — would contact me to try out for the position of singer. It was the weirdest e-mail of all. But then it was actually him after all.

People always say you sound just like Steve Perry.

Do you ever wish you had a voice that was more distinctively your own?

Pineda: Well, you know what, this is what God gave me. I can't change it. It's me who's suffering when I try to change it. So from the moment that I realized that it's not gonna change, I just went with it.

How much of your personality is infused in Journey's songs?

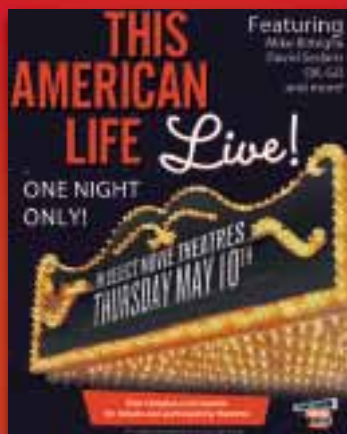
Pineda: I think a lot, now, because if you try to listen very carefully, Mr. Steve Perry's voice is very distinctive. You know it's his voice when you hear it, even from afar, and

not mine. So I think I was able to put a new twist on Journey's legacy songs and then the new ones that we recorded together.

You talk at length in the film about struggling with addiction. Was that difficult to discuss?

Pineda: No. Those things, which almost destroyed my voice, I'm not uncomfortable talking about. I'm actually comfortable and I am more confident talking about it because I want the young generation to know what drugs can do to you.

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Musicians Neal Schon, Jonathan Cain and Arnel Pineda of Journey attend the *Don't Stop Believin': Everyman's Journey* premiere during the 2012 Tribeca Film Festival in New York on April 19. CRAIG BARRITT/GETTY IMAGES

The Word

A weekend of renewing wedding vows, celebrity-style



THE WORD
Dorothy Robinson
scene@metronews.ca

Are you a celebrity couple who needs a good reason to send out a press release? But you don't feel like 1) Announcing a pregnancy or 2) Getting a divorce? Then just renew your wedding vows! It's a surefire way to get some attention thrown your way.

First up this weekend? Mariah Carey and Nick Cannon renewed their vows Friday at the Eiffel Tower in Paris. Spokeswoman Cindi Berger said the couple celebrated with an "intimate ceremony after a romantic dinner at the beautiful Jules Verne restaurant." I love how "intimate" these days refers to having a hoard of photographers on the scene — as well as a publicist.

Not to be outdone, LeAnn Rimes and Eddie Cibrian

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



renewed their vows on a romantic trip to Calabasas, Calif., on Friday.

"We renewed our vows today ... it's incredible to thank each other for the past year as husband and wife," Rimes tweeted. "Here's to another great

year!"

You know, it's probably bad form to be so cynical. After all, with the way Hollywood marriages last, recognizing any amount of time together without getting divorced should be celebrated.

Why Charlize is still single

Ever wonder why a stunner like Charlize Theron is still single? She (jokingly) blames Tom Hanks and Daryl Hannah (as well as the state of the movie-making industry) for a lack of a wedding ring.

"If I knew that 3D was going to be such a big deal, I would have gotten that boob job 10 years ago," Theron quipped while accepting a Distinguished Decade of Achievement in Film award at CinemaCon last week, according to *Us Weekly*. She also took a moment to celebrate the power of movies.

"I think we really learn from these stories," she said. "I mean, I learned everything about love watching *Splash*. That's why I'm still single, so thanks, Tom Hanks and Daryl Hannah for that."



Bieber's comments land him in trouble

Justin Bieber is under fire in Indonesia after some offhand remarks he made about the country, where he recorded a track on his new album.

During an event in London last week, Bieber said the song was recorded in "some random country" where "they didn't know what they were doing." And now folks in Indonesia are striking back: this weekend, North Sumatra teen pop radio station KISS 105 FM banned Bieber's music, according to the *Jakarta Post*.

"His tone was very condescending and he is just a 19-year-old boy. This is a country with more than 200 million citizens," Kiss FM executive producer Anggi Simanjuntak says, while one of the station's on-air personalities says the ban would be lifted if Bieber "apologized in a sweet manner and promised not to say such things about Indonesia again."

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3

LIFE

Guidelines

Cancer survivors

The American Cancer Society is recommending that cancer survivors exercise more and improve their diets to help prevent the disease from coming back.

On Thursday, the society released new guidelines, saying there's now enough evidence to strongly recommend physical activity and better nutrition for survivors. The message: for many cancers, maintaining a healthy weight, exercising and eating a healthy diet can reduce the risk that cancer will return. At least two other organizations have issued similar advice.

THE CANADIAN PRESS

On the Web



University creates splash in medical world with new surgery simulation centre



Use websites as a tool to foster activities, not as a babysitter, says Krista Swanson of yumyumclub.ca. ISTOCK

Clicking for little hands

Internet. More websites are being geared to children

DELIA
MACPHERSON
Metro News

Are they safe? Are they educational? Do we really want to encourage our kids to hang out in front of a computer screen all day?

Krista Swanson, a blogger for yumyumclub.ca, says computing for a kid is a

new reality.

"We can't say kids 'shouldn't' be on the computer because other kids are," says Swanson. "As long as you know they're safe."

The mother of a five-year-old boy says she stills thinks parents should "limit screen time."

And there really is no "right" amount of time either, says Swanson.

Parents have to know their kids and their kids' limits to determine a healthy amount of time to be in front of a computer, she adds.

It's easy for kids to be-

come obsessed with an activity if they really like it, be it reading, sports or surfing the web, Swanson says.

"When they are on the computer, you don't just walk away," says Swanson. "Use it as a tool to build conversations or foster activities. Don't just use it as a babysitter."

One kids' website that meets Swanson's approval is totallyrandom.ca, a new (and Canadian!) site targeting kids aged seven to 11.

"Totally Random introduces kids to editing digital media and safe social networking," says

Chelsea O'Connor, the production manager for totallyrandom.ca. "We give the kids challenges on the website so they have a starting point for their creativity."

The site combines television broadcasts hosted by three kids with interactive computer gaming.

Kids create a profile with an avatar name and animation. They have access to a number of creative tools to create and edit artwork, or they can watch Totally Random "episodes" online.

Swanson says totallyrandom.ca is colourful and easy

for kids to figure out.

"One of the great things about Totally Random is there's no way for them to accidentally click off the site," says Swanson. "Some of the more 'cheaply done' sites have advertisements that may not apply to kids."

Even if some of the games kids end up playing on the computer are mindless, Swanson says there is educational value in everything. Kids are still practicing motor skills by interacting with the computer and mouse, the same way they might learn those skills from playing board games.

Pop culture's part in picking baby's name

The buzz surrounding some of pop culture's hottest trends has trickled down to 2012's growing list of hot baby names.

Nameberry analyzed more than three million views of the site's individual name pages so far in 2012, then compared the numbers with this time last year. A handful of names have jumped in status and are on a path to being some of the year's most popular choices on the part of new parents. You'll surely recognize them.

1. Rue — the lovable underdog who met her fate at age 12 in The Hunger Games has succeeded in more than just

winning our hearts. We're now naming our babies after her.

2. Emmett and other "ett" names. "Think of -ett at the newest "it" ending for boys' names," Nameberry says. Let's not forget it's also the name of one of Twilight's sexiest vampires, Emmett Cullen.

3. Ivy. Made famous by the equally famous infant daughter of two of the world's most famous music stars. Beyoncé and Jay-Z's daughter, Blue Ivy Carter, made headlines as soon as she came into this world, both for her unique celebrity name and for the ridiculous way her parents comman-

deered an entire floor of the maternity ward.

4. Weston, Wesley, and West. The age old debate between the West and East coasts seems to be settled, at least when it comes to baby names. Jenna Fischer from The Office led the trend when she named her son Weston.

5. Adele. A rather old-fashioned name made popular once again with the rise of Grammy award winning singer Adele. But unlike most of the girls who are named Adele, the starlet vocalist dropped her last name.

THE ASSOCIATED PRESS



The outside world is influencing baby names. ISTOCK

Controlling diabetes may be harder for overweight teens



A new study shows that if overweight teens develop diabetes, they will have a very difficult time controlling it. ISTOCK

New research sends a stark warning to overweight teens: If you develop diabetes, you'll have a very tough time keeping it under control.

A major study, released Sunday, tested several ways to manage blood sugar in teens newly diagnosed with diabetes and found that nearly half of them failed within a few years and one in five suffered serious complications.

The federally funded study is the largest look yet at how to treat diabetes in teens. Earlier studies mostly have been in adults, and most diabetes drugs aren't even approved for youths. The message is clear: Prevention is everything.

"Don't get diabetes in the first place," said Dr. Phil Zeitler of the University of Colorado Denver, one of the study leaders.

A third of American children and teens are overweight or obese. They are at higher risk of developing Type 2 diabetes, in which the body can't make enough insulin or use what it does make to process sugar from food. Until the obesity epidemic, doctors rarely saw children with Type 2 diabetes. The more common kind of diabetes in children is Type 1, which used to be called juvenile diabetes.

Diabetes drug

"A single pill or single approach is not going to get the job done."

Dr. Mitchell Geffner, study leader from Children's Hospital Los Angeles says that Avandia, a popular diabetes drug, can't be recommended for teens.

Doctors usually start Type 2 treatment with Metformin, a pill to lower blood sugar. If it still can't be controlled, other drugs and daily insulin shots may be needed. The longer blood sugar runs rampant, the greater the risk of suffering vision loss, nerve damage, kidney failure, limb amputation, heart attacks and strokes.

The goal of the study was simple: What's the best way for teens to keep diabetes in check?

The study involved 699 overweight and obese teens recently diagnosed with diabetes. All had their blood sugar normalized with Metformin, then were given one of three treatments to try to maintain that control: Metformin alone, metformin plus diet and exercise counselling, or metformin plus a second drug, Avandia.

After nearly four years, half in the Metformin group failed to maintain blood sugar control. The odds were a little better for the group that took two

drugs but not much different for those in the lifestyle group.

Even so, Zeitler said doctors would not recommend this combination drug therapy because Avandia has been linked to higher risk of heart attacks in adults. Those risks became known after this study had started.

Another study leader from Children's Hospital Los Angeles, Dr. Mitchell Geffner, agreed that Avandia can't be recommended for teens, but said the study makes clear they will need more than Metformin to control their disease.

Among all the teens in the study, 1 in 5 had a serious complication such as very high blood sugar, usually landing them in the hospital.

The results were published online Sunday by the New England Journal of Medicine and presented at a pediatric meeting in Boston. The National Institutes of Health funded the study and drug companies donated the medications.

Teen & Diabetes

Here are some facts about teens and this particular form of diabetes:

- **Sobriering news.** A federally funded study of nearly 700 youths with Type 2 diabetes found that it's extremely hard to keep this disease under control. Even a common diabetes pill failed to keep blood sugar at safe levels in half of the cases.
- **215,000.** That's the number of Americans under age 20 who have diabetes. Type 1 diabetes occurs when an individual can't make insulin. Type 2 is related to obesity and occurs when the body can't properly use insulin.
- **Diagnosis.** About 3,600 youths are diagnosed with Type 2 diabetes every year. Minorities are disproportionately affected.
- **Lowering the risk.** Teens can lower their risk of Type 2 diabetes by maintaining a healthy weight, being more active and eating healthy foods.
- **Control.** If diabetes is not controlled, it can lead to serious problems including vision loss, nerve damage, kidney failure, limb amputation, heart attacks and strokes.
- **Weight issues.** A third of teens are obese or overweight, putting them at risk of Type 2 diabetes.

Is gambling affecting your relationships?

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The "discouraging" results point to the need to create a healthier "eat less, move more" culture to help avoid obesity that contributes to diabetes, Dr. David Allen of the University of Wisconsin School of Medicine and Public Health wrote in an accompanying editorial.

Judith Garcia still struggles to manage her diabetes with Metformin and insulin years after taking part in the study at Children's Hospital Los Angeles. She has to remember to watch her diet and set aside time to exercise.

"Trust me, I'm working on it," said the 19-year-old who lives in Commerce, Calif.

Kelsi Amer, a 14-year-old high school freshman from Patriot, Ind., knows how tough it is to keep her blood sugar from skyrocketing. Diagnosed at age 12, she takes Metformin and gives herself insulin shots before school and at bedtime.

There are times when she has to miss class because she has to prick her finger to check her blood sugar or go with her mother to Cincinnati Children's Hospital Medical Center for check-ups.

"I try real hard and all of a sudden, I'm back to high blood sugar" levels, said Kelsi, who was not part of the research. **THE ASSOCIATED PRESS**

Deep-fried-vegetarian delights make perfect appy



This recipe serves six as a starter. THE CANADIAN PRESS HANDOUT

Blue Cheese Fritters.

Serve these tasty bites hot with salad and a fruit coulis

A fritter is food, either savoury or sweet, that has been coated in batter and deep-fried.

These blue cheese fritters are best when they're served hot with salad leaves and a fruit coulis.

If you're serving this Blue Cheese Fritters recipe as a main dish, it'll make enough fritters for four people.

1. In a medium pan, add

Ingredients

- 300 ml (1 1/4 cups) water
- 125 ml plus 15 ml (1/2 cup plus 1 tbsp) butter
- 250 ml (1 cup) all-purpose flour, sifted
- 3 eggs, beaten
- 100 g (3 1/2 oz) mellow blue

water and butter and bring to a boil; stir in flour, beating well until mixture forms a thick consistency which starts to coat the sides of the pan.

2. Remove from heat and gradually beat in eggs. Let cool until just warm and then add cheeses and seasoning.

3. Heat sufficient oil to allow for deep frying, then drop spoonfuls of batter into hot oil and cook until puffed and golden. Cook up to 4 fritters at a time.

4. Drain and serve hot.

THE CANADIAN PRESS/ROSENBORG CASTELLO, ROSENBORG.COM

- cheese, roughly chopped
- 100 g (3 1/2 oz) fontina cheese, grated
- Salt and black pepper, to taste
- Oil, for frying

Healthy eating

Choose it and lose it

Sometimes, the choice we think is healthy is quite the opposite. That's often the case with soups, which tend to hide their fat content in their titles.

Druxy's Tomato Red Pepper Bisque

350 calories/ 24 g fat

Tomatoes and red peppers are healthy, but chances are there's added cream, butter or oil to account for the calories and fat.



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rosereisman.com



Equivalent

One Druxy's Tomato Red Pepper Bisque is equal to four McCain three-cheese mini pizzas in fat.



Beef Chili

204 calories/ 3 g fat

Normally, beef chili has excess calories and fat but Druxy's uses more vegetables than beef, making this a great lunch item.



Fritter, fritter pumpkin eater

TUMS neutralizes excess stomach acid on contact and provides fast heartburn relief. Onset of acid neutralization does not equate to onset of relief.



1. Set oven to 350°F (190°C). Split squash width-wise and scrape out seeds. Drizzle each half with olive oil, and sprinkle with chili flakes, a pinch of salt and pepper and let sit for 20 minutes.

2. Meanwhile, stab each potato four times around with a fork. Line another sheet pan with the cup of salt and place the potatoes on top. Place squash face-down on a parchment lined sheet tray.

3. Bake both squash and potatoes in the oven for one hour or until soft. Remove from the oven, carefully split open potatoes lengthwise to steam, and allow all to cool completely.

4. When cool, scoop out squash and potato into bowl and add sage, Parmesan, cheddar, egg and lemon zest, and season with salt and pepper. Combine thoroughly; a chunky texture is fine.

5. Prepare fritters for frying. Set up three bowls and one parchment lined sheet tray. In one bowl, whisk together eggs; place almonds and flour separately in two other bowls.

6. With a large spoon, take about 2 tbsp (30 mL) of squash mixture and form an oval; dredge with flour, dip in egg and roll in almonds before placing onto the sheet pan. Repeat with remaining squash and refrigerate until ready to fry.

7. In a deep, heavy bottomed pan, heat oil to 300°F (150°C) and carefully pan fry the fritters until golden brown on each side, approximately 2 1/2 min-

utes each side. Remove from oil and drain on paper towel and sprinkle with a pinch of salt. Serve hot on a small bed of microgreens with or without sauce.

8. Sauce: In a bowl, thoroughly combine all ingredients. Store refrigerated in an airtight container for at least one day before serving. Mix thoroughly before serving.

NEWS CANADA

Ingredients

Almond Crusted Pumpkin Fritters

- Squash (1 small raw)
- 1/2 lb (227 g) cooked russet potato (1 large raw)
- 2 tbsp (30 mL) extra virgin olive oil
- 1 tbsp (15 mL) crushed chili flake
- 1 cup (250 mL) salt
- 3 tbsp (45 mL) chopped sage
- 1 oz (30 g) grated parmesan
- 1 oz (30 g) grated cheddar
- 1 egg yolk
- zest of half a lemon
- 4 eggs
- 1 1/2 cup (375 mL) all

- purpose flour
- 1 1/2 cup (375 mL) toasted crushed almonds
- salt and pepper, to taste
- 1 bag microgreens

Almond Crusted Pumpkin Fritter Sauce

- 1/2 cup (125 mL) sour cream
- 1/4 tsp (1 mL) finely chopped Thai chili
- 2 tbsp (30 mL) chopped chives
- 1 tbsp (15 mL) lemon zest
- 1 1/2 tsp (7 mL) lemon juice
- 2 tsp (10 mL) maple syrup
- 1 tsp (5 mL) kosher salt
- 1/2 tsp (2 mL) cracked black pepper

Queen of Green

Scrubbing away toxins



QUEEN
OF GREEN
Lindsay Coulter
green@metronews.ca

My kid likes to drink the bathwater. I'm concerned about the cleaning products I use to clean the tub. What's the safest option?
Laura — Victoria

It's time to end toxic relationships with your cleaners and I can help. Join me at springbreakup.ca!

Fact: Phthalates, chlorine bleach, ammonia, sodium laureth sulphate, ethoxylated alcohols and fragrance are all commonly found in household cleaners and are linked to a range of health issues, including asthma, cancer, allergies and multiple chemical sensitivities.

Repeated exposure to small amounts of these



chemicals can cause long-term health problems. Kids are especially vulnerable.

Here are five tips to help you make safer product choices:

Read the label.

Avoid hazard symbols whenever possible. Opt for products with ingredients disclosed on the label.

and check for chemicals of concern. When companies won't disclose what's in

their products, it makes you wonder what they have to hide.

Go fragrance-free.

Fragrance is a mix of chemicals that can trigger allergies, migraines and

asthma symptoms.

Avoid dyes.

Most dyes are derived from petrochemicals—an unnecessary addition.

Choose eco-friendly cleaners.

Green options contain no ingredients that could be harmful to your health or the environment.

They're readily biodegradable — in less than 28 days — and contain no phosphates or phthalates. And, they use plant-based rather than petroleum-based ingredients.

Make your own.

The best way to know what's in your cleaning products is to make them yourself.

Tested by the Queen of Green, my homemade cleaners are versatile, affordable and eco-friendly. And many ingredients are food-grade.

All-purpose scour recipe (a non-abrasive for tubs, tiles, sinks and more).

Combine 1 and 2/3 cup of baking soda (cheapest when bought in bulk), 1/2 cup liquid castile soap, 1/2 cup of water and 2 tablespoons of white vinegar. Mix and apply with cloth or sponge and rinse well.

A sweet way to sustain Africa

Chocolatey charity.

Cadbury rallying Canadians to help send bicycles to those who need them most

BEN
KNIGHT
life@metronews.ca

A little thing here can make a huge difference somewhere else.

That's the simple thought behind The Bicycle Factory, an innovative plan by Cadbury to send bicycles to Africa.

"We rally Canadians to help build bicycles for rural cocoa-growing communities in Ghana," says Aditi Burman, senior promotions manager at Kraft Foods, parent company of Cadbury.

"It's an interactive website — thebicyclefactory.ca — and what people do is they click on Cadbury product icons and turn them into bike parts. Every 100 parts turn into a real bike, until we reach this year's goal of 5,000 bikes."

The idea is to help sustain the farming communities that grow the most essential raw material for Cadbury's chocolate.

"The bikes go to middle-school students who live three-to-ten kilometres away from their school," she explains.

"So it actually helps to increase access to education. These students are at the highest risk of dropping out of school, because they live too far away. Cadbury has been

By the numbers

13,000

The number of badly needed bicycles Cadbury's Bicycle Factory has delivered to youngsters in Ghana since 2009.

very active in Ghana, to help the communities in many different ways."

Often, we think of sustainability in terms of natural resources. Here's a chance to apply that same important principle directly to the future of some bright, clever, curious kids.

"It's a different, deeper level of sustainability. What we ultimately want to do is sustain the livelihood of our cocoa growers. This is another way in which we can do it."

Burman notes that a bicycle means something very different in Ghana than it does here in Canada.

"Canadians think about bikes for fun, fitness and fresh air, and they're great for the environment, of course. Our relation with bikes is really as an alternative to a car. But in places like rural Africa, bikes are actually an alternative to walking. It's a basic mobility issue."

One lucky Bicycle Factory builder will have a chance to experience all this first-hand.

"The grand prize is that someone will actually have the chance to deliver the bicycles in Ghana. There's a lot of fun things going on."

To get involved visit: thebicyclefactory.ca.



Bicycles give students in Ghana better access to schools. Get involved and donate a bike. HANDOUT

Finding success in the sunshine

Quebec to the Caribbean. Pierre Ferland has arrived



THE IN-CREDIBILITY FACTOR
Teresa Kruze
tkr@metronews.ca

Pierre Ferland smiles as he walks through his restaurant in St. Maarten, greeting and talking to customers in English and French. He waves to the police chief who has come in for lunch and stops to help a busy waiter.

Pineapple Pete's is an island hotspot.

Born on a farm outside of Quebec City, Pierre started his own business at the age of nine selling fishing worms, and with his savings went on to put himself through university.

With a love for the hospitality industry his travels took him all the way to the Caribbean.

"It was a feeling when I landed. I just loved St. Maarten".

The year was 1996 and

Tricks of the travel

"Self-discipline is the only thing that will get you through. You also have to learn how to control being homesick so I fly home a lot."

Pierre Ferland

today he is the proud owner of five businesses on the island employing over 80 people.

"Self-discipline is the only thing that will get you through. You also have to learn how to control being homesick so I fly home a lot," he says with a smile.

Ferland also gives back to the island supporting local churches, charities, sports teams, musicians and authors.

"I was helped, so now I give back because I like to see people succeed."



Pierre Ferland is affectionally referred to as Head Pineapple by his staff. PROVIDED

World wise

On being successful in another country:

- Do your homework and learn about the market, the labour force, work permits and taxes.
- Choose a business you have experience in because you can't rely on someone to run it for you.
- Check your supplies and adapt to what you can get in your geographic region.
- Have self-discipline and stay away from tourist temptations like gambling and drugs.
- Balance your family life with work. I give 200 per cent every time I'm here but I have two kids and I just want to be a perfect dad.

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Summer school outside the books

Brainy on the beach?
Having to learn during the warm summer months is getting slightly easier

JUDY WEIGHTMAN
Metro World News in Philadelphia

Because people have other things they want — or need — to do in summer besides attend class, most schools offer a variety of ways to take summer courses.

"Summer is not part of the traditional school calendar," says Margi Wallace, director of the Center for Summer Learning at Arcadia University in Pennsylvania.

"But there's been a real paradigm shift to going to school year-round. Whether you want to catch up, stay on track or get ahead, taking a summer course may be the answer."

There are a variety of options:

Accelerated classes

Accelerated classes are in-person classes that complete



You don't necessarily have to be stuck at a desk this coming summer.
D SHARON PRUITT/FICKR

a semester's worth of material in seven weeks, meeting either more days per week or more hours per class. Most schools offer two or three summer terms.

If you start a course in May, you can be done by the end of June, and still have two months of summer for working or travel.

Hybrid sessions

Hybrid classes combine in-person sessions — usually at the beginning of the term — with online assignments.

If you've never taken an online course, Wallace recommends starting out with a hybrid. "Online

requires a lot of discipline, even more so in a seven-week term," he says.

"Hybrid courses offer both convenience and structure."

Knowledge via the net

Web-based

- Online classes enable you to head down to the shore and still take a class. With online classes, you can do your school work at midnight or at noon, whatever works for your schedule.

Olympics

Lifetime doping bans 'unlawful'

A person familiar with the ruling said Sunday that Britain's last attempt to keep former doping offenders off its Olympic teams has failed, with the Court of Arbitration for Sport declaring the lifetime bans unlawful. **THE ASSOCIATED PRESS**

MLB

Encarnacion powers Jays past Mariners

Edwin Encarnacion homered for the third straight day and Henderson Alvarez pitched six-plus innings for his first win of the season as the Toronto Blue Jays defeated the Seattle Mariners 7-2 on Sunday at Rogers Centre. Encarnacion hit a grand slam



Edwin Encarnacion
ABELIMAGES/GETTY IMAGES

Saturday and a solo shot Friday. **THE CANADIAN PRESS**

NBA

Parker's offence leads Spurs to win

Tony Parker scored 28 points and the San Antonio Spurs won their first playoff opener in four years, beating the Utah Jazz 106-91 in Game 1 of their first-round series Sunday.

THE ASSOCIATED PRESS

Tennis



"This is the hardest match I had on clay court this season."

Rafael Nadal, who became the first player in the Open Era to win two tournaments seven times after beating David Ferrer 7-6 (1), 7-5 in Sunday's Barcelona Open final.

Briere puts stamp on Game 1

NHL. Crafty centre's legend in Philadelphia continues to grow after coming through for Flyers in overtime

Danny Briere had two chances to celebrate his overtime winner.

The first time, his goal didn't count.

The second time, Briere left no doubt and put away Game 1, once and for all.

Briere continued to stamp his name alongside Philadelphia's post-season greats, scoring the winning goal 4:36 into overtime, leading the Flyers to a 4-3 win over the New Jersey Devils on Sunday to open this Eastern Conference semifinal series.

"He has his ups and downs, but he just picks it up in the playoffs. And that's what matters," Flyers coach Peter Laviolette said. "He's a guy who consistently gets it done."

Indeed, no Flyer is as clutch in the post-season as Briere.

His second attempt at the winner came minutes after his earlier goal was overturned on review because he kicked the puck into the net. But he wasted no time making up for it, firing a slapper past Martin Brodeur for his seventh goal of the playoffs.

Game 1

4

Flyers

3

Devils

Brodeur was screened in front by Philadelphia forward James van Riemsdyk.

"When you look at the replay, it's kind of obvious," Briere said of the reversal. "But I needed to stop pouting and get back my focus in overtime. I ended up getting a break."

In doing so, Briere, who also scored in the second period, now has 106 points in 104 career post-season games.

"Is it pressure? I think it's fun," he said of playoff hockey. "When I have the opportunity, like I've had the past few years here, I try to take advantage of the opportunities."

The Flyers took the series lead in their first game in a week after eliminating Pittsburgh in Game 6 last Sunday. The weary Devils, meanwhile, played their third consecutive overtime game after defeating Florida in Games 6 and 7 to win their first-round series.

"I thought we played real well in the first," New Jersey coach Peter DeBoer said. "We just couldn't keep it up."

THE ASSOCIATED PRESS



Flyers centre Danny Briere celebrates his overtime goal against the Devils on Sunday in Philadelphia. **ALEX BRANDON/THE ASSOCIATED PRESS**

Between the pipes

Bryzgalov tops Brodeur in opener

Flyers fans who have suffered through decades of goaltending woes took great delight in chanting "Mar-ty! Mar-ty!" at goaltender Martin Brodeur.

The three-time Stanley Cup champion has faced the Flyers four other times in the post-season, winning two.

Opposing Brodeur was Ilya Bryzgalov, who had two shutouts and won all three starts versus the Devils in the regular season. He allowed one goal on 76 shots.

Bryzgalov made 23 saves to Brodeur's 32 in Game 1.

Brodeur will celebrate his 40th birthday next Sunday when the teams play Game 4 in New Jersey.

THE ASSOCIATED PRESS



SPORTS

NBA

Bulls GM OK with decision to leave Rose in game

Chicago Bulls GM Gar Forman is backing coach Tom Thibodeau, saying he had no problem with the decision to stick with Derrick Rose late in the playoff opener against Philadelphia. Forman said Sunday there is "absolutely no issue there," even though the NBA's reigning MVP Rose suffered a season-ending tear of the ACL in his left knee with about 1:20 left in Saturday's 103-91 win. **THE ASSOCIATED PRESS**

On the web



Washington's Alexander Semin, who was stellar in a first-round upset of the Boston Bruins, skated on the fourth line in practice on Sunday after taking some ill-advised penalties in the Capitals Game 1 loss to the New York Rangers. Scan the code for the story.

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Crossword

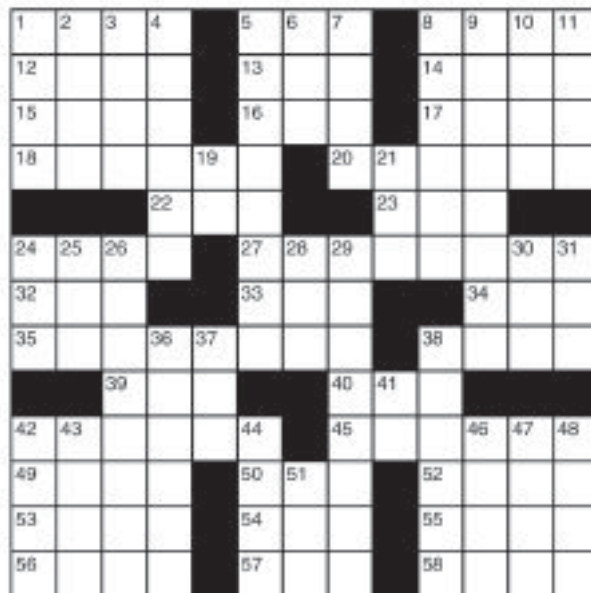
Across

- 1 Radio's Limbaugh
- 5 Tackle moguls
- 8 Scratches (out)
- 12 Sweet sandwich
- 13 Stashed
- 14 Wield the shears
- 15 Poi base
- 16 Praise in verse
- 17 Dagwood's boss's wife
- 18 Reverend, e.g.
- 20 Long-legged shorebird
- 22 Request
- 23 Annoy
- 24 Youngest
- 27 List-condensing phrase
- 32 Web address
- 33 Kind of pron.
- 34 Operated
- 35 "She — Conquer"
- 38 "SportsCenter" channel
- 39 IRS worker
- 40 Western st.
- 42 Dervishes
- 45 Jacks
- 49 Cruising
- 50 Idolater's emotion
- 52 Up to
- 53 Gossip
- 54 Supporting
- 55 Otherwise
- 56 Relaxation

- 57 USNA grad
- 58 Out of play

Down

- 1 Coll. mil. org.
- 2 Caspian Sea feeder
- 3 Withered
- 4 "Yippee!"
- 5 Lurid novels
- 6 Tease
- 7 Concept
- 8 Date, e.g.
- 9 Door hardware
- 10 Green land
- 11 Lovers' quarrel
- 19 "— not!"
- 21 Compete
- 24 Clear the tables
- 25 Illustrations
- 26 Ball-carrier's allies
- 28 Asian holiday
- 29 1995 Harvey Keitel movie
- 30 Eminem's genre
- 31 Raggedy one?
- 36 Narcotic
- 37 Standard
- 38 On cloud nine
- 41 Indefinite article
- 42 Disappear gradually
- 43 Actress Argentino
- 44 Out of harm's way
- 46 Gross



- 47 Couturier Schiaparelli
- 48 Coaster
- 51 Took the trophy

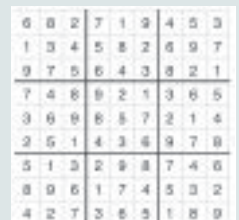
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Y T M I J Q S M Y Z P Y Z E
Y Z B S Q F R J Z S P J Q J E J I V M Q J E
D T T - V Y R Y S B . P D F V E Y S
L J T D Q L Y E E J Z T V F S J ?
Yesterday's Cryptoquip: DURING THEIR COSMIC OUTINGS, THE THIRSTY ALIENS LIKED TO MAKE A STOP BY THE SPACE BAR.
Today's Cryptoquip Clue: T equals F



For today's crossword answers and for expanded horoscopes, go to metronews.ca



Horoscope

- ♈ Aries | March 21 - April 20.**
You don't much like taking orders but if you are smart you will do what someone in authority tells you today.
- ♉ Taurus | April 21 - May 21.**
Sometimes it's hard to know who to trust, especially when different people give you vastly conflicting advice.
- ♊ Gemini | May 22 - June 20.**
You will rise to whatever challenges fate sends your way.
- ♋ Cancer | June 21 - July 22.**
Listen to what other people tell you today, even if — especially if — it's not something you are happy to hear.
- ♌ Leo | July 23 - Aug. 22.** You may be good at something and rightly

- proud of your talent but don't start thinking you are the best in the business.
- ♍ Virgo | Aug. 23 - Sept. 22.** It may seem as if someone in authority is giving you a hard time for no good reason but from their point of view they have every reason to be annoyed.
- ♎ Libra | Sept. 23 - Oct. 22.** Promise yourself that you will not get involved in any kind of argument or dispute today.
- ♏ Scorpio | Oct. 23 - Nov. 21.** Are you thinking with your heart or are you thinking with your head?
- ♐ Sagittarius | Nov. 22 - Dec. 21.** If a partnership is not working

- out the way you hoped, maybe you have been expecting too much of it.
- ♑ Capricorn | Dec. 22 - Jan. 20.** It might be best to keep certain thoughts to yourself, especially if they are the kind of thoughts that could get you into trouble with the powers that be!
- ♒ Aquarius | Jan. 21 - Feb. 18.** Keep telling yourself that no matter what certain people are saying and no matter how much they doubt your abilities you are on the right track.
- ♓ Pisces | Feb. 19 - March 20.** What's done is done and cannot be undone, so forget about the past and look to the future.
- SALLY BROMPTON



Caption Contest

I feel like I have been Ostricized.

Peter

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

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